

# Whole Wheat, ETC Yeast Bread

*Yield: 1 large loaf - Total Time: 3 hours*

## INGREDIENTS

- 2 ¼ cups warm water (105°)
- ¾ cup non fat dry milk
- ¼ cup honey **OR** 1/3 cup natural sugar
- 2 TBSP brown sugar
- 2 pkgs active dry yeast
- 1 tsp salt
- 4-5 cups whole wheat flour
- 1 cup oat flour
- 1 cup bread flour (**OR** all-purpose flour)
- 1/3 cup canola, sunflower, safflower **OR** vegetable oil
- **ADD-INS:**
- ½ cup sunflower seeds
- ¼ cup bulgar wheat **OR** wheat germ
- **OPTIONAL:** 1 cup raisins, craisins, dried blueberries **OR** cherries (chopped)
- ½ cup quick oats to sprinkle over the top and bottom of loaves

## PREPARATION

1. Dissolve yeast and brown sugar in 2 cups of the warm water.
2. Mix flours together and, in a large bowl, mix with remaining dry ingredients.
3. Slowly mix yeast-water mixture into the flour mixture...**THEN** rinse the yeast water cup with the remaining ¼ cup of warm water and add to the dough.
4. Stir add-ins well, and **only enough additional flour** so that that dough clings together.
5. On a clean, lightly floured surface, knead for 7-10 minutes, or until smooth. Place in a greased bowl, greased side up, cover **loosely** with a clean dish towel or piece of plastic and let rise in a warm area until doubled in bulk.
6. Grease two loaf pans with margarine or butter (**NOT OIL**), sprinkle a few oats over the bottoms of the pans, make two loaves and place in pans. Let rise again, covered and warm, until doubled. Sprinkle remaining oats over the tops of the loaves and **BAKE** at 400° for 15 minutes, **THEN** lower heat to 350° and bake for 25 minutes.
7. The loaves are done baking when the crust is dark brown and sounds hollow when tapped. Remove from pans and fully cool on racks before slicing.

# Whole Wheat Oatmeal Sandwich Bread

*Yield: 1 large loaf - Total Time: 3 hours*

*Adapted from [Good to the Grain](#) by Kim Boyce and Amy Scattergood. A perfect whole wheat loaf for sandwiches and toast. Soft, a touch of sweetness to the loaf from the honey and molasses. Like the authors of Good to the Grain, we make this loaf in the mixer. If you want to make the bread by hand, they recommend kneading by hand for 15 minutes, adding flour as needed.*

## INGREDIENTS

- 1 cup Water
- 1 cup 1% Milk
- 1 pkg 1 TBSP Active Dry Yeast
- 1 TBSP Honey
- 2 TBSPs unsulphured Molasses, *not backstrap molasses*
- 2 ½ cup Whole Wheat Flour
- 2 cups Bread Flour
- 1 cups Rolled Oats
- 4 TBSPs unsalted Butter, *melted and cooled slightly*
- 1 TBSPs Sea Salt *optional:*
- *bran or additional oats for topping loaf*

## PREPARATION

1. Lightly butter 9x5x3 bread loaf pan
2. Gently warm milk and water to about 115 F. Combine water, milk, yeast, honey, and molasses in the bowl of a standing mixer. Stir to dissolve yeast. *(If you aren't sure if your yeast is good, wait 5 minutes to see if it blooms-bubbles. If it doesn't throw out and start over.)*
3. Add flours, oats, melted butter, and sea salt to the liquid mix. Using the bread hook and stand mixer, mix for 6 minutes on medium speed. *The dough should climb the dough hook and slap around the sides of the bowl without sticking. If the dough is sticking, add a TBSP or two more of flour at a time until the dough comes cleanly away from the sides of the bowl.*
4. Cover the bowl with a towel and place in a warm area to rise. Leave to rise for about an hour or until doubled in size *(to test if it has proofed enough, gently poke the dough- if it springs back, it needs to proof longer - if a dimple remains, it is ready.)*
5. Shape the loaf. Put the dough on a lightly floured work surface. Flatten out the bubbles while working the loaf into a square shape. Grabbing the top edge, fold the dough down towards the middle. Grab the bottom edge and fold up to the middle, bringing the two edges together. Pinch the seam and sides, sealing them with your fingers. Roll the dough back and forth, plumping it into an even log and about the size of your bread pan. Gently place the dough into your bread pan, seam side down. Press the dough gently into the corners of the bread pan.
6. Cover the loaf with a towel and leave it to rise in a warm area for about an hour or until the dough rises to half again its size and is puffing up barely over the edges of the loaf pan. While the dough is rising, preheat the oven to 400 F.
7. Sprinkle the top of the loaf with bran or oats. Bake for about 40 minutes, rotating halfway through. The loaf is done baking when the crust is dark brown and sounds hollow when tapped. Remove the loaf from the pan and allow to fully cool on a baking rack.



# Classic 100% Whole Wheat Bread

*Who says whole wheat bread has to be dense, dry, and tasteless? This 100% whole wheat recipe features the delightfully nutty taste of wheat in a fine-grained, moist, faintly sweet loaf. Yield: 1 loaf.*

Recipe summary: Hands-on time: 12 mins. to 23 mins. Baking time: 35 mins. to 40 mins. Total time: 3 hrs 17 mins. to 5 hrs 3 mins.

## INGREDIENTS

- 1 to 1 ¼ cups lukewarm water\*
- ¼ cup vegetable oil
- ¼ cup honey, molasses, or maple syrup
- 3 ½ cups King Arthur Premium 100% Whole Wheat Flour
- 2 ½ tps instant yeast, or 1 packet active dry yeast dissolved in 2 TBSPs of the water in the recipe
- ¼ cup Baker's Special Dry Milk or nonfat dried milk
- 1 ¼ tps salt

\*Use the greater amount in winter or in a dry climate; the lesser amount in summer or a humid climate.

## PREPARATION

1. In a large bowl, combine all of the ingredients and stir till the dough starts to leave the sides of the bowl. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 6 to 8 minutes, or until it begins to become smooth and supple. (You may also knead this dough in an electric mixer or food processor, or in a bread machine programmed for "dough" or "manual.") Note: This dough should be soft, yet still firm enough to knead. Adjust its consistency with additional water or flour, if necessary.
2. Transfer the dough to a lightly greased bowl or large measuring cup, cover it, and allow the dough to rise till puffy though not necessarily doubled in bulk, about 1 to 2 hours, depending on the warmth of your kitchen.
3. Transfer the dough to a lightly oiled work surface, and shape it into an 8" log. Place the log in a lightly greased 8 1/2" x 4 1/2" loaf pan, cover the pan loosely with lightly greased plastic wrap, and allow the bread to rise for about 1 to 2 hours, or till the center has crowned about 1" above the rim of the pan. Towards the end of the rising time, preheat the oven to 350°F.
4. Bake the bread for 35 to 40 minutes, tenting it lightly with aluminum foil after 20 minutes to prevent over-browning. The finished loaf will register 190°F on an instant-read thermometer inserted into the center.
5. Remove the bread from the oven, and turn it out of the pan onto a rack to cool. If desired, rub the crust with a stick of butter; this will yield a soft, flavorful crust. Cool completely before slicing. Store the bread in a plastic bag at room temperature.



## Baking Tips for “Classic 100% Whole Wheat Bread”

- Why the range of water in the dough? A lot depends on the weather, the season, and how you measure flour. You'll need the lesser amount of water in the summer; or when it's humid/stormy; if you measure flour by weight; or if you sprinkle your flour into the measuring cup, then level it off. You'll need the greater amount of water in winter; when it's dry out, and the humidity is low; or if you measure flour by dipping your cup into the canister, then leveling it off.
- The liquid sweetener you choose makes a difference. Molasses produces the darkest loaf, one with old-fashioned flavor. Honey yields a lighter, milder loaf. Maple syrup makes a less-sweet loaf — unless you use real maple syrup, in which case it'll be similar to a loaf made with honey, albeit with a faint hint of maple.
- If you're someone who tends to taste whole wheat as somewhat bitter, try substituting  $\frac{1}{4}$  cup of orange juice for  $\frac{1}{4}$  cup of the water in this recipe. A bit of orange juice tones down whole wheat's somewhat tannic taste

# ***Honey Whole Wheat Bread***

*From "The Fresh Loaf" website...makes two loaves*

## **INGREDIENTS**

- 1 lb whole wheat flour
- 12 oz hot water  
8 ounces bread or all-purpose flour
- 1 5 oz can evaporated milk (or milk, or more water or soy if you are vegan)  
1/3 cup honey
- 2 tsps salt
- 3 tsps instant yeast
- an additional ½ -1 cup flour, as necessary, to achieve the desired consistency

## **PREPARATION**

1. Mix the hot water and whole wheat flour together in a bowl. Cover the bowl with plastic and set aside until around room temperature, at least 1 hour.  
(My thought is that soaking the flour may help soften the bran and release some of the sugars in the wheat, though, truthfully, I don't know for sure if it does).
2. Add the milk, honey, salt, yeast, and bread flour to the original mixture and mix until well combined. Add additional flour and knead by hand or in a stand mixer until **a tacky but not completely sticky** dough is formed. Place the ball of dough in a well-oiled bowl, cover with plastic wrap, and set aside to rise for 60 to 90 minutes.
3. Divide the dough in two and shape the loaves. Place the loaves in greased bread pans, cover the pans loosely with plastic (I put them in a plastic bag), and set aside to rise again for 90 minutes.
4. During the final 30 minutes of rising, preheat the oven to 425 degrees. Place the pans into the oven and immediately reduce the oven temperature to 375 degrees. Bake for approximately 45 to 55 minutes, rotating the pans once so that they brown evenly, until the internal temperature of the loaves is around 190 degrees and the bottom of the loaf sounds hollow when tapped.